Slow eating helpful tips

* **Sit down to eat in a calm environment with minimal distractions**. Don’t eat while driving, while watching TV, while texting, etc. Pay attention to your food.
* **Choose high-fiber foods that take more time to chew**, such as fresh fruits and vegetables.
* **Put down your utensils between bites**. Take a moment. Breathe. If you’re eating with other people, enjoy making witty conversation for a few minutes.
* **Try setting a minimum number of chews per bite**. This will feel strange at first, but give it a try and see what you discover.
* **Use smaller plates or different utensils** (such as chopsticks).
* **If you find yourself rushing, that’s OK. Put your utensils down and take a minute to re-focus**. If slow eating isn’t habitual for you, this will take practice.
* **Find another slow eater and pace yourselves to them**. Picky little kids and chatty dinner companions who hardly stop talking long enough to take a bite are often ideal for this.
* **Set aside time to eat** – at least 20-30 minutes for each meal, and preferably even longer at dinner. Don’t just eat “whenever you get around to it” or treat it as an inconvenience. You’re fueling your body and maybe spending quality time with friends and family. That’s important. It deserves an appointment.